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ABSTRACT

This manual and workbook for adolescents presents a curriculum promoting self-understanding and understanding the points of view of others in order to resolve conflicts and solve common problems. After a review of problems adolescents face and a discussion of the skills needed to work effectively in a group, the lessons present the following steps to personal success: Lesson 1--"Thinking about Our Problems"; Lesson 2--"Is There a Problem?" (step 1); Lesson 3--"Stop and Think" (step 2); Lesson 4--"Why Is There a Conflict? Get the Facts/Check My Beliefs" (step 3); Lesson 5--"Why Is There Conflict? The Other's Perspective" (step 3); Lesson 6--"Problem Situations" (Review); Lesson 7--"What Do I Want?" (step 4); Lesson 8--"Think of Solutions" (step 5); Lesson 9--"Look at Consequences" (step 6); and Lesson 10--"Choose What To Do and Do It" (step 7) and "Evaluate Results" (step 8). Adolescents learn that problems to solve most of them successfully. (SLD)

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